

[#vFit](#)

One of the most fun parts of any tech event is the community and collaborative nature. Inside the walls of the event centres, we find ourselves up to the ears on tech talk and sharing knowledge. Outside the event, there has always been a tendency to move towards evening events and the vendor-sponsored parties.

In a shift towards something new, we have a great community of folks who attend tech events and organize fitness related meetups like morning runs, walks, hiking, and more. This has become what we know as the #vFit community.

It's time for the 2019 #vFit runs at AWS re:Invent. We will have a daily run group at 6:45 AM from Shake Shack!

This is a growing event as we get both fitness and community active at technology events for the day 7th year in a row!

AWS re:Invent 2019 #vFit run details

Daily meet up at [Shake Shack on Las Vegas Blvd. \(3790 S Las Vegas Blvd, Las Vegas, NV 89109\)](#).

Route goes from Shake Shack along Las Vegas Blvd to the Welcome to Las Vegas sign and back.

Departure times:

Monday 06:45 AM Pacific Time

Tuesday 06:45 AM Pacific Time

Wednesday 06:45 AM Pacific Time

Thursday 06:45 AM Pacific Time

The run is at approx 10min/mile in the main group and there may be a second group if enough walkers/joggers join.

Email me [eric {at} discoposse \[dot\] com](mailto:eric@discoposse.com) for more info

Route map for [AWS Re:Invent 2019 #vFit Run Route](#) by [Eric Wright](#) on [plotaroute.com](#)